

Baked Apple and Pear Crisps

Serves: 4

Ingredients:

- Cooking spray
- 2 medium pears, halved & cored
- 3 medium apples, halved & cored (Gala, Granny Smith, Red Delicious)
- 1/2 teaspoon cinnamon
- 6 teaspoon Stevia

Directions:

1. Preheat oven to 325 degrees. Coat 2 baking sheets with cooking spray

Slice fruit in 1.8 inch slices
2. Mix cinnamon and Stevia
3. Place fruit slides in a single layer on the baking sheets and sprinkle with cinnamon mixture.
4. Bake until crisp and lightly browned, about 30-45 minutes.
5. Rotate backing sheet halfway through baking.

346 Calories, 96 carbs, 1g fat, 1g protein, 0mg sodium, 65g sugar